9-3-98

VALLEY Star

Opinion

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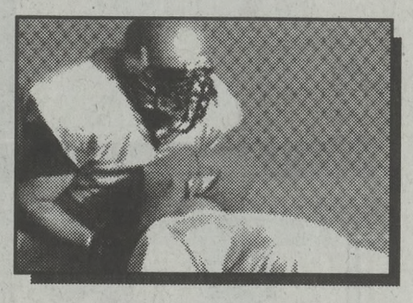
Sports



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Volume 51, Issue 11 LOS ANGELES VALLEY COLLEGE Thursday, September 3, 1998

Child Development Center receives grants

By ANITA TORRES
STAR REPORTER

Using money from state grants that totaled more than $200,000, the campus Child Development Center is in the process of making improvements to its facilities.

Some of the grants came from a component of the CalWorks program, and others came from the Child Development Division of the State Department of Education, said Larry Merkle, director of the Child Development Center.

The grants were received after proposals were written by Merkle and Dorothy Bates, student services assistant at the center.

The money is distributed depending upon what improvements need to be made and how urgent the needs are.

Improvements on the facility began in 1997. Handicap ramps were installed on the office trailers to comply with new laws. Some sunshades were added over the playgrounds to provide more protection from harmful ultraviolet rays, said Merkle.

Money has also been spent on new roofing, storage, and paint.

Over the past eight years, the original playground equipment has slowly been replaced with new, safer models, said Merkle.

Plans for this years improvements include installing air conditioning in the two classrooms.

Prior to these recent additions, there was not much done to improve the center's facilities since it became operational in January of 1975, said Merkle.

"These are the biggest improvements that have ever been made," said Merkle. "The only other improvements have been just general maintenance."

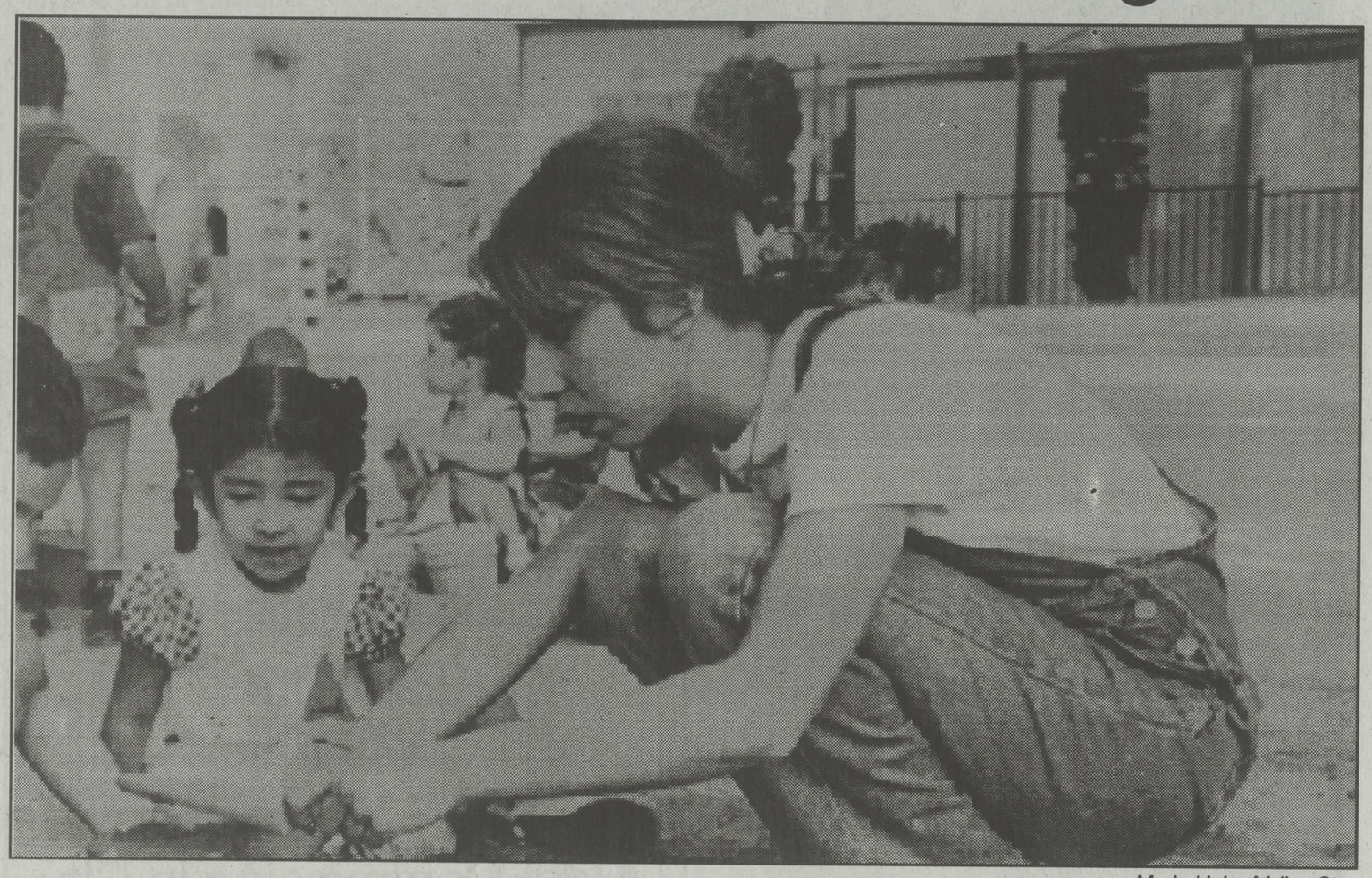
The Child Development Center serves children ages 3 through 12, but that will be changing as a result of these grants.

The center plans on using much of the grant money on building a new toddler facility that will serve children ages 2 and 3.

"We had hoped that the toddler facility would be ready by this spring," said Merkle. "We're not really sure when it will be ready."

State architect approval for the new building and plans for installing the utilities in them have been part of the delay in completing the new facilities, said Bates.

"Sometimes people get upset that we're remodeling here and other places on campus aren't," said Merkle. "But none of the money we get comes from the college budget. It all comes from our own letter writing. But the college is very supportive."



Marla Halac/Valley Star

Teacher Assistant Sarah Katrzhyan helps some children in front of the Child Development Center that is undergoing improvements.

CAMPUS SCENE

★

DEADLINES

- Last day to process add permits: Sept. 4.
- Last day to drop classes without receiving a "W" in-person: Sept. 11.
by telephone: Sept. 13.

★

HOLIDAYS

Classes will not meet on:
- Labor Day: Sept. 7
- Admissions Day: Sept.8

★

TOWN HALL MEETING

- Councilman Michael Feuer and other city officials have been invited to address the public and answer general questions on Sept. 14 at 7 p.m. in Monarch Hall.

★

HEALTH SEMINARS

- Weight management on Sept. 9. and prostate cancer on Sept. 16. Both seminars will be held in CC 104 from noon to 2 p.m.

★

SCHOLARSHIPS

- Applications for Fulbright Scholarship Programs are available from Lou Albert in the Professional Media Resource Center, in Library 105. Or he may be reached at (818) 947-2569.

★

FRIDAY NIGHT OR SATURDAY AFTERNOON AT THE MOVIES

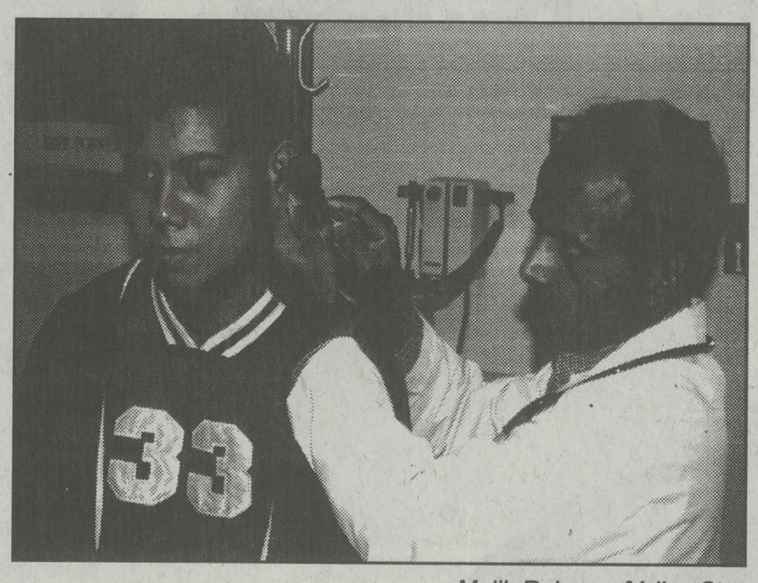
- There are newly-added 14-week class sections for Cinema Arts. There are no prerequisites and are open to all students. Each class is worth three units and begins in mid-September.
- Cinema 105: "History of Motion Pictures." Will meet Fridays 6:30 to 10 p.m.
(Section 3313)
- Cinema 106: "Art of Animation and Special FX." Will meet Saturdays 2:30 to 6 p.m.
(Section 0702)
- Students can obtain add cards in the Admissions lobby or from J. A. Daccurso in the Cinema Arts department. For more information call (818) 947-2354.

★

CAMPUS CLUBS

- The deadline to charter an active club from Spring '98 is Sept. 3. Students interested in starting a new club can go to CC 102. The first inter council club meeting will be Sept. 10 in CC 104 at noon.

Is there a doctor in the house?. . .



Malik Rahsaan/Valley Star

Dr. Jay Madhure examines a student at the Health Center.

Health Center gets doctor

By NANCY E. BARAHONA
STAR REPORTER

The services of a nurse practitioner and a physician are now available at the Student Health Center.

"We take care of everyday problems, such as coughs and colds and we also do immunizations," said Dr. Jay Madhure. "It is convenient and cheap to come."

Valley College nursing professor Judy Holton is the physician who will be specializing in females.

Holton will be doing things such as pap smears and prescribing birth control pills.

Physical examinations, lab testing, and medication are available to students at a low or no cost at all, said Sonia Auza, clinical coordinator at Valley College.

"It looks like a lot of demand that we might have to extend our hours," said Auza.

Appointments are necessary to see the physicians and students must present their identification or registration fee receipt to check for eligibility, said Auza.

The physicians are available Tuesdays 9 a.m. to noon and Thursdays 1 to 4 p.m.

Another addition to the Center is that in October there will be counseling available.

Auza said that students needing counseling can go to the center where they will be referred to a counselor outside of school at either low or no cost.

"We'd like to know students interests about health subjects that they may need help in so that we can get that information for them or get in contact with people who can provide the information," said Auza.

Videos are also available about health subjects, such as nutrition or ways to quit smoking.

The Health Center is located in the Women's Gym. It is open Monday through Friday, 9 a.m. to 4 p.m. and

ASU food discounts canceled

By LINDA E. THOMAS
SPECIAL TO THE STAR

Students who paid a fee to join the Valley College Associated Student Union this semester are getting short changed on promised campus food discounts.

All ASU discounts at the campus cafeteria, coffee house and other campus food service areas have been canceled, said Yasmin Delahoussaye, dean of student services and ASU adviser.

"We've had quite a few complaints from students," food services worker Robert Allen said.

Cafeteria manager Albert Fierro discontinued the discounts because the cafeteria lost money last year, he said. Unlike other local business which offer ASU discounts, no contracts existed between campus food services and the ASU, so Fierro had no obligation to continue the discounts, he said.

According to ASU advertising in the fall 1998 class schedule, however, students are promised discounts at the "LAVC cafeteria " and "All food court areas on campus" if they pay a fee and join ASU. Despite this advertising, the discounts will not be honored, ASU President Armen Orujyan said.

"Students are complaining that no one tells them when they buy the ASU membership that they won't get the cafeteria discounts anymore," Fierro said. "It's wrong. The ASU should reimburse those students their membership fees because the students tell me that's a main reason they join."

Offering the cafeteria discounts were designed to increase ASU membership, Delahoussaye said, which did increase, Orujyan said.

Fierro said he notified ASU of the cancellations in May by letter. But, Orujyan said he did not find out about the cancellations until about 10 days ago when a student told him, which was too late to change the ASU advertisement in the fall schedule, he said.

"But, I will talk to the business office about the cafeteria so as not to mislead the students," Orujyan said.

"We will place a sign where the students purchase the memberships that the cafeteria is excluded."

The ASU is also putting together a task force to rectify the situation.

"Be patient," Orujyan said. "We are trying to get discounts at restaurants closest to the campus to replace the cafeteria discounts. We are also offering discounts at the new campus copy center."

From the ASU President. . .

Getting ready for the 50th

By Armen Orujyan
ASU President

This school year we are celebrating the 50th anniversary for Valley College.

In this exceptional year for Valley College, Associated Student Union is very determined to make the campus a better place to be for students.

ASU offers members various student discounts in about 100 neighborhood businesses.

One plan for ASU this year is the remodeling of the Fireside Room in Monarch Hall.

This project will be completed soon thanks to the support of Dean of Student S services Yasmin Delahoussaye and Vice President of Administration Mary Ann Breckell.

ASU has many more wonder ful plans for the students this year. Despite the fact that ASU

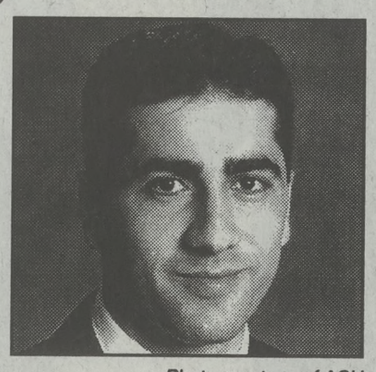


Photo courtesy of ASU
Armen Orujyan

does not have much money, we have a lot of heart.

In order to succeed, at times we have to make something from nothing.

Please join ASU, we could use everyone's support.

At last, ASU would like to wish a wonderful and memorable year to all students, faculty, administration, and to all other Valley College organizations.

STUDENT RESOURCES

LEARNING CENTER HOURS

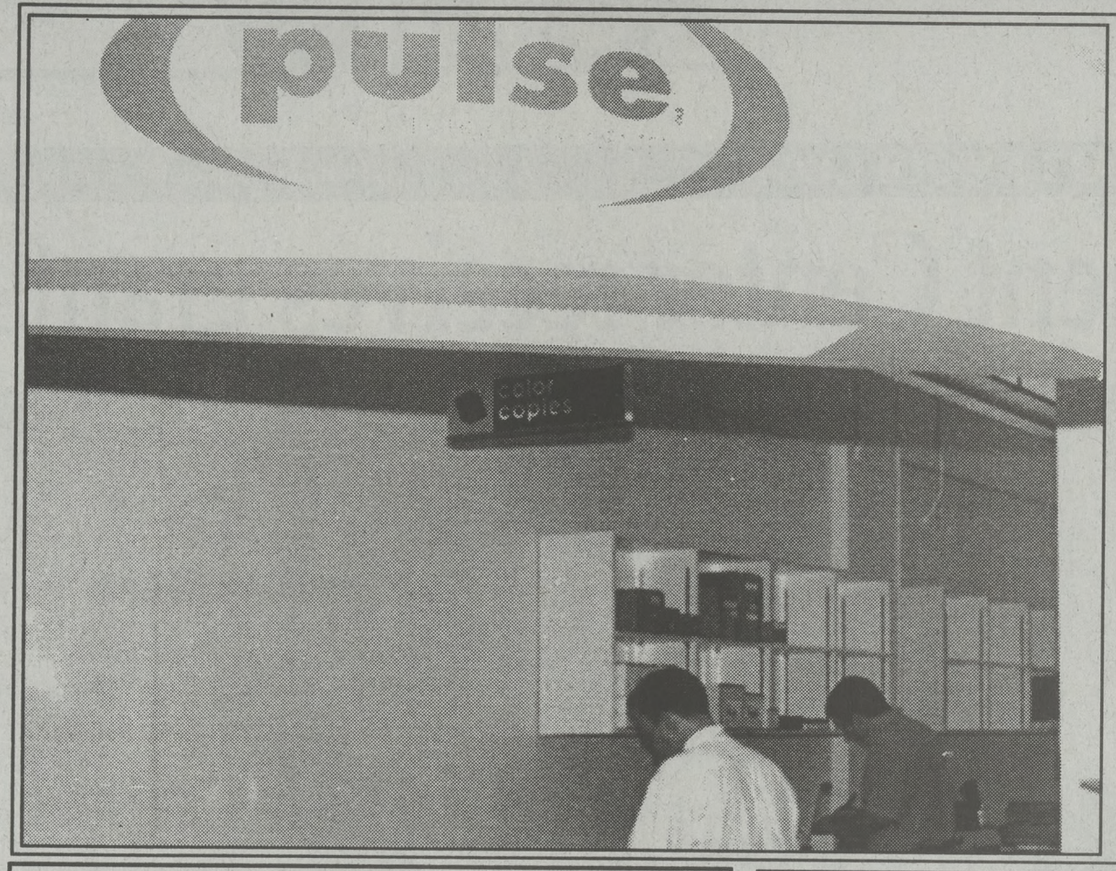
Monday thru Friday: 9 a.m. to 3 p.m.
Monday and Tuesday: 5 to 8 p.m.
Wednesday and Thursday: 6 to 9 p.m.
The center is located in CC 1.

LIBRARY HOURS

Monday and Tuesday: 8 a.m. to 6 p.m.
Wednesday and Thursday: 10 a.m. to 8 p.m.
Friday: 8 a.m. to 3:30 p.m.
Saturday: 11 a.m. to 3 p.m.
(Beginning Sept. 12)

MATH LAB HOURS

Monday thru Friday: 9 a.m. to 2 p.m.
Tuesday and Wednesday: 3:30 p.m. to 7 p.m.
Thursday 4 to 7 p.m.
It is located in Math Science 106.



For Your Information:

*The *Pulse Copy and Technology Center* opened Aug. 17 next to the Cafeteria.
The center is open Monday through Thursday from 7:30 a.m.-7:30 p.m. and Fridays from 7:30-4:00 p.m.

Manager Josh Morton and Key Operator Mike Monson [left] are working on various copy orders. *Pulse* offers fax services, Fed Ex, color copies and many other services.
For more information call (818) 947-2359

photo by Marcy Petrique

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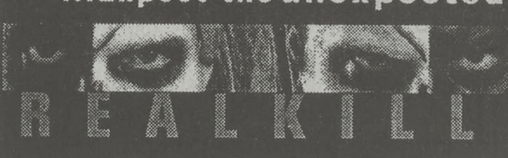

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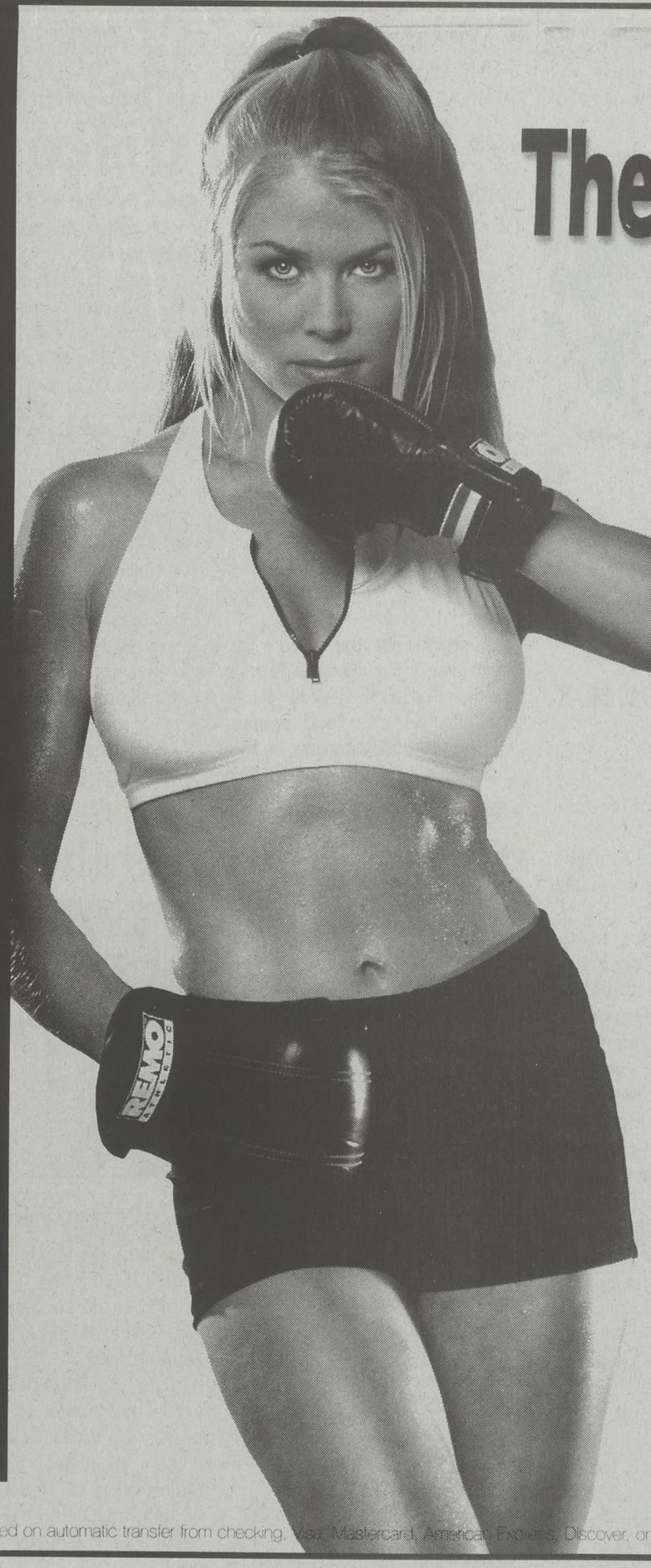

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The Rewards Are Yours.

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"Best Exercise Classes"
1998 Winner - Pasadena Star
1998 Winner - San Gabriel Valley Tribune
1998 Winner - Whittier Daily News

"Best Health Club"
1998 Winner - Daily Bulletin

"Best Aerobics Program"
"The Toughest Workout"
1998 Winner - Pasadena Weekly

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Editorial. . .

No bucks, no bags, no books

When you go to the grocery store and spend less than a dollar for a ripe orange, the checker normally provides a bag to carry your purchase.

However, when walking out of the Valley book store, you are several hundred dollars less rich and without a bag to carry your massive text books 10 blocks home.

What is wrong with this picture?

This is one of the many questions about the Valley College Bookstore that is going through students' minds this semester.

Oh what to do, what to do. . .? Other community colleges in the valley, such as Pierce, have lower prices on various books found at the Valley book store. An example of one is a text for a philosophy 101, titled "Philosophy: A Way of Thinking." On our shelves this book will set you back $58.At Pierce, a Philosophy student will walk out with lunch money, seeing their price for the same NEW book is $33.

So what's the difference between Pierce and Valley? Well, for one thing, Pierce has enough bags. However, other than that, nothing should separate Valley from Pierce. In fact textbook prices should be practically identical if what the Valley book store manager said was true.

Manager Claudette Burns told a reporter from the Valley Star that our bookstore along with Pierce and the other seven campuses within the Los Angeles Community College District, is mandated by the district itself.

She also said that textbooks are only supposed to be marked up 25% from the publishers price. That is a quarter from every dollar.

Well let's do the math. If both schools should be selling the book for 25% above the publisher's price, and Pierce's price is $33, then someone should be taking Basic Math as a refresher course.

Now we can't completely blame the Valley bookstore, but what are students supposed to do? We could pay more, but why?

Burns said the prices are out of the bookstore's control. It is out of students control as well.

So many questions and so few answers. That must be what happens when you have a district who is oblivious to the on goings around the campus.

Why can't the district create a subcommittee dedicated to developing solutions for this continuing problem? Everyone else seems to be trying; Associated Student Union has offered book grants with the money they need for various activities, and Burns said our bookstore has the longest time period in the district to buy back books.

So who would a student complain to? The bookstore? Counselors? The district? Your congressman, maybe? Perhaps the answer is located on the internet . The web site known as Amazon .com will be selling commonly used text books at the publishers price.

True, there is a charge for shipping and handling, but how many $25 dollar shipping fees are there? And this way, there's no need for a bag.

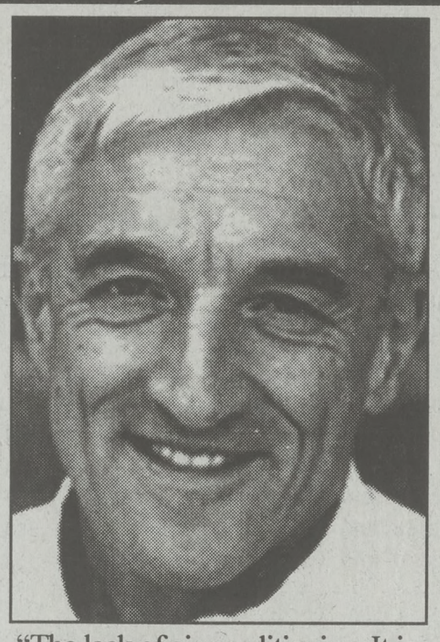
What's Your Opinion?

The Valley Star would love to receive and, if possible, publish your letters. The Star reserves the right to condense all letters for space considerations. Submitted letters should be limited to 250 words. Letters are subject to editing if they are obscene, libelous, or make racial, ethnic, religious, sexist or sexually oriented denigration. Letters must be signed and include student's ID number.Letters may be left with the Valley Star at BJ 114 by Friday morning for the following thursday. Letters will also be picked up from our three mailboxes attached to three of our yellow news stands, or E-mail to VSTAR@laccd.cc.ca.us.

Photo Survey:

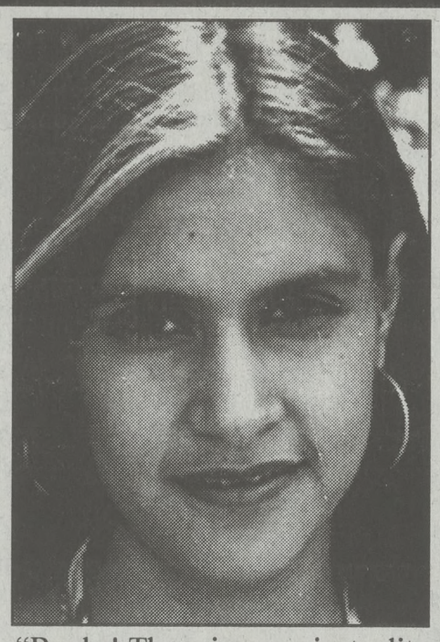
What do *you* think?. . .

What is your biggest gripe when starting a new semester?



"The lack of air conditioning. It is unthinkable not to have air conditioning in Southern CA. How could you care about learning?"

—Tom Yacovone
Professor of Sociology

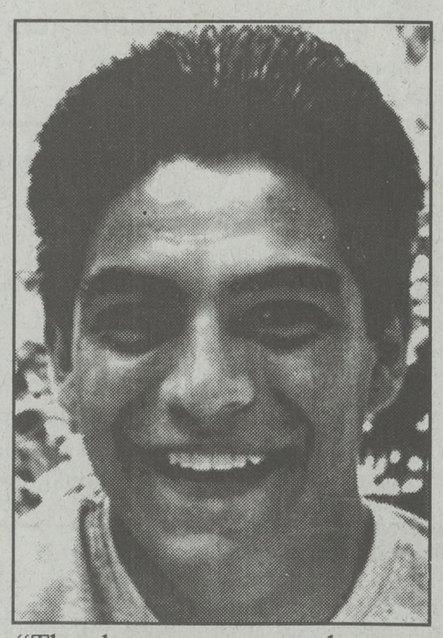


"Books! The prices are just a little bit more expensive and it's not fair that the edition always changes."

—Marisol Barajas

"Studying. All the things I have to study doesn't relate to my major."

—Mandana Shirandami



"The classrooms are too hot without air conditioning and the lines are long in admissions."

—John Munoz

Photos by Malik Rashaan

Get a load of this. . .

Great taste, but is it less filling?

By ANITA TORRES
STAR REPORTER

Olestra, the fat substitute that is now used in many name brand snacks sold nationwide, is not as much of a controversy as it should be.

Researchers at the Proctor & Gamble Company invented Olestra, which is a chemical combination of sugar and fatty acids that come from vegetable oils.

The appeal of olestra, which is now used under the trade name Olean, is that it gives foods the taste and texture that regular fat does, but does not add any extra fat or calories to the foods.

Of course this sounds like every Americans dream; great taste, no consequences. But that is only true if your main concern is your weight.

When the FDA approved the use of Olestra in foods in 1996, they required that all packages of Olestra containing foods have a warning label.

The warning label reads, "This product contains Olestra. Olestra may cause abdominal cramping and loose stools. Olestra inhibits the absorption of some vitamins and other nutrients. Vitamins A, D, E, and K have been added."

How could Americans once again prove their gullibility and superficial obsession with weight so recently after the deadly controversy with Phen-Fen?

It may seem ridiculous to compare a synthetic chemical to a mixture of sugar and oil, but the side effects of this product are really being overlooked.

The most common side effects of eating Olestra are diarrhea and abdominal cramping, as the warning label indicates. This may sound worth it just to be able to eat something fat free that tastes good, but if it does, then we really do need help with our self images in this country.

According to the Nutrition Action Health letter in March, a 49-year-old woman in Iowa suffered severe gas pains, followed by 13 or 14 hours of diarrhea, after eating potato chips made with Olestra.

If pain and uncontrollable bowel movements is still not enough to scare people away from these "carefree" snacks, the health hazards may.

Olestra is a calorie and fat free substance because its fat molecules are to big for the body to digest. This makes them able to pass through the digestive tract without leaving any traces of fat behind.

This would be great, except that the molecules take something important out of the body with them-some fat-soluble vitamins and minerals such as A, D, E and K.

This means that eating Olestra with normal vitamin containing foods can drastically decrease the amount of vitamins that people think they are getting.

The food companies have obviously addressed this problem by fortifying their products with some of the "at risk" vitamins, but who knows if this really works.

I'm sure it doesn't work nearly as well as just eating and absorbing vitamins the natural way, but I guess that's just a personal choice.

As is volunteering once again for nationwide human experiments like this.

For Your Information

The Valley Star is published by students of the Journalism and Photography classes. Editorial and Advertising Offices are located at 5800 Fulton Avenue, Van Nuys, CA 91401, (818) 947-2576. The College newspaper is published as a learning experience, offered under the college journalism instructional program. The editorial and advertising materials published herein, including any opinions expressed, are the responsibility of the student newspaper staff. Under appropriate state and federal court decisions these materials are free from prior restraint by virtue of the First Amendment to the United States Constitution. Accordingly, materials published herein, including any opinions expressed, should not be interpreted as the position of the Los Angeles Community College District, the college, or any office or employee thereof.

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Monarch football prepares to kick off season

MICHAEL ROCHE
STAR REPORTER

Football season returns for Valley Sept. 19 when the Monarch's face neighboring rival, Pierce College, in a western state conference game at Shepard Stadium in Woodland Hills.

Last year Valley College tore the Brahmas defense with a 425 yard air show in a 44 - 21 victory.

"Offensively we have a system in place that's been real successful for us and will remain pretty constant," said head football coach Gary Barlow.

Barlow, entering his second season as head coach, feels confident that Valley's winning tradition over the past five years will remain intact again this season.

"I feel like I'm more prepared for the job after a year under my belt," Barlow said.

Valley's running game and passing attack will fall on the heels of its offensive line strength led by returning all-league players Mike Allen, Greg Hulett and Raul Ramirez.

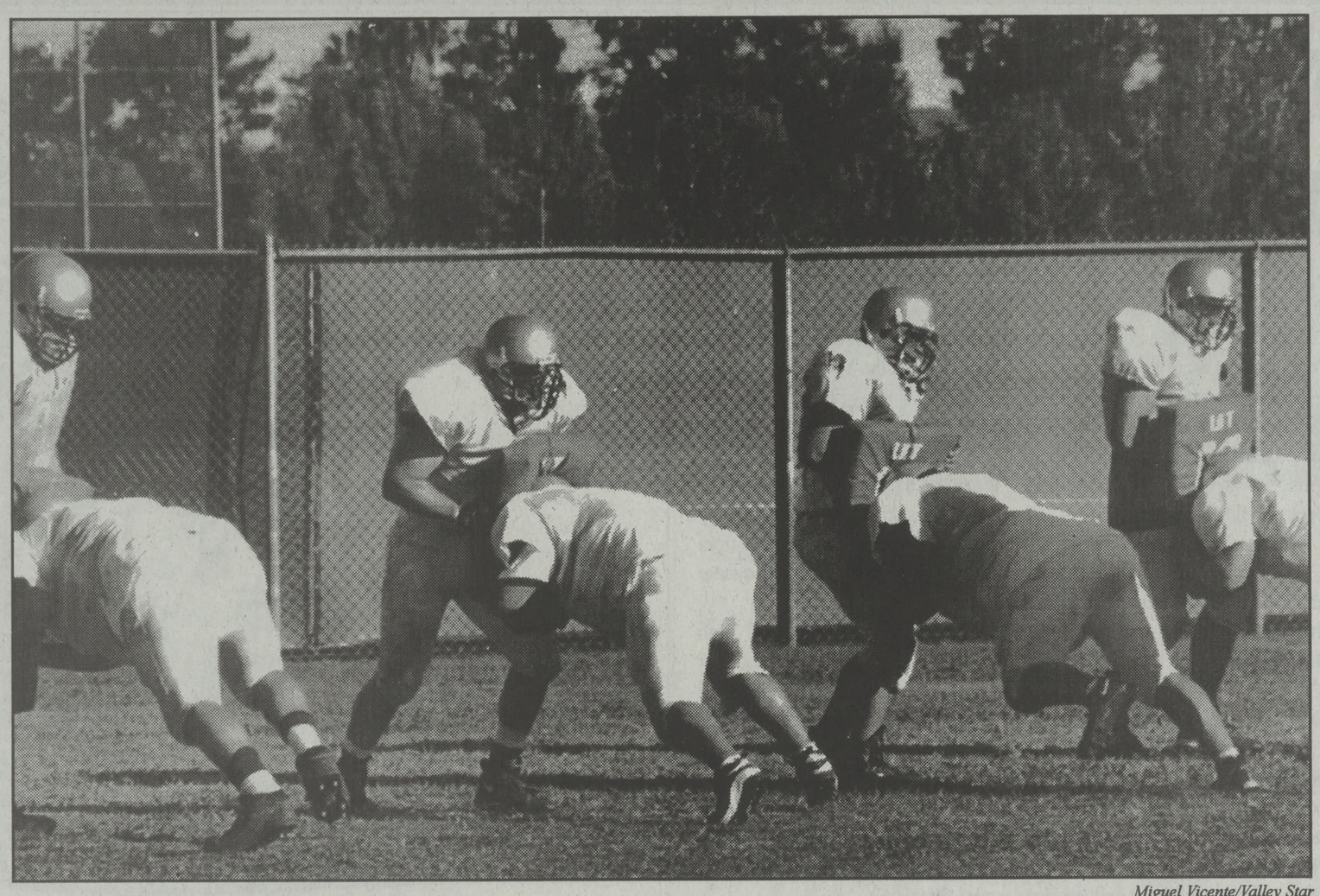
In the back field, running backs Jamian Barbour, Vinny Walker and Jason Portee will be carrying the ball for the Monarchs.

Tight end Scott Collins and wide-outs Shaun Avalos, Dominic Early and Demond Daniels have had an excellent training camp and are expected to start said Barlow.

Competing for the starting role of an aerial attack that finished third in the nation last year are quarterbacks Eric Holtfreter, Travis Winn, Todd Mclean and red shirt freshman Michael Adams.

On the defensive side of the ball are linemen new editions Luis Vasquez, Jose Gurrola, Ray Armstrong, Larry Bray and Wilmer Carrillo.

Other possible impact players include defensive backs Brandon Braga and David Smith, inside linebacker Jose Lopez and safety Robby Coppola.



Miguel Vicente/Valley Star

The Monarch's practice before opening 1998 season in temperatures hovering more than 100-degrees.

"We're going to take the same attitude that we're taking offensively and strive to be in the top categories defensively," said Barlow.

According to Barlow, gauging Valley's success will depend on whether or not they can avenge last year's loss to Bakersfield, who enter this season with a second place Southern California ranking.

"We've had a great off season recruiting, a great off season in our strength and conditioning program and now is the time we'll start seeing the rewards for that," Barlow said.

"We got a good crop of freshman and we're headed in the right direction."

Freshman wide-out Leon Pimky out of Granada Hills High School is sidelined with an ankle sprain and may miss the season opener.

FOOTBALL SCHEDULE

Sept. 12	BYE
Sept 19	at Pierce 7p.m.
Sept. 25	at Bakersfield 7 p.m.
Oct. 3	Hancock 7 p.m.
Oct. 10	at L.A. Harbor 7 p.m.
Oct. 17	at West L.A. 1 p.m.
Oct. 24	East L.A. (homecoming)
Oct. 31	Compton 7 p.m.
Nov. 7	L.A. Southwest 7 p.m.
Nov. 14	at Santa Monica 7 p.m.
Nov. 21	Moorpark 7p.m.

The 1966 team together again. *Photo courtesy of Kurt Krueger*

State runner-ups reunite after 32

By JULIO CORTEZ
STAR REPORTER

Coach Mike Wiley experienced flashbacks as he walked into Pat Wuertz's backyard to find familiar faces surrounding the pool.

"It felt kind of eerie," Coach Wiley said.

The sight reminded him of the days when his 1966 Valley College team awaited him for another day of practice.

"As I saw them I got the feeling of when I used to tell them to get into uniform to get ready for practice," he added.

The 1966 state championship runner-up Valley College team reunited after 32 years on Aug. 1.

Members of the team gather along with their families to reminisce of the days when Valley College dominated the Western State Conference Division.

Kurt Krueger, 1966 Junior College All-American who also placed in the state championships, was successful in gathering half of the team for the reunion.

He is also working on reuniting all of Coach Wiley's teams by next summer in Lake Tahoe.

"It was fabulous seeing all the guys," Krueger said. "I was happy to see how all of them were still in good shape."

Among those in attendance who shared their personal experiences with their former teammates were: George Hurton, merchandising with Sunset Marketing; Steve Danielsen, USAir pilot; Rod Cargill, lawyer; Chris Kaufman, teacher; Kurt Krueger, teacher and institute of sports psychology; Butch Nelson, restaurant owner; Don McKenzie, computer consultant; Jeff Calvert, USAir; Tom Webb, vice president of Bank of America; John Vowels, LA aquatics director; Alan Natake, physical therapist; Jim Doman, lifeguard; Russell McCarthy, Universal Studios; Tom Bradstock, Lt. Sheriff; and Richard Rosen, financial consultant.

Perhaps the most interesting of the stories was that of McKinzie's, who has five world records in his age group and was a double gold winner at the 1968 Olympics in Mexico City.

McKninzie talked about how he swam a psyche race during practice, meaning he started the race at a fast pace then slowed down as his panicking opponents swam by him before getting tired half-way through the race.

This allowed him to race past them at the end, giving him a chance at the gold medals.

Coach Wiley, who led Valley College to 10 conference championships, three Southern California titles and the State Championship in 1970, was treated by what he called his "best team ever," to a cake celebrating the reunion and his upcoming 70th birthday.

"I told Kurt [Krueger] I didn't want to be treated in any special way when he told me about the cake," Wiley said. "I just wanted to feel like part of the team."

Cross Country returns to Valley

By BAXTER CEPEDA
STAR REPORTER

Valley's cross country teams come home Sept. 12 after spending last season running for Mission College's sports program.

"Last year Mission College was going to lose their sports program because of a lack of teams," said Scott Weisbly, men's cross country head coach at Valley.

Both the men's and women's teams spent the year running for Mission so that their program would be saved.

Two years ago, in their last year at Valley, the women's team finished second at the state meet with the help of a first place finish by Marisol Barajas, who will be returning this year. The women's coach, Gretchen Lohr, said "Marisol is going to go as far as she wants to because of her talent and dedication."

Patricia Loera, who finished sixth in the state meet two years ago, "will also be a team leader," Lohr said. "We expect another great season from Patty."

Yadria Estrada, Piroska Farkas and Odilly Parada were also on the team in 1996. "We expect them to be as strong as they were and will play key roles in us winning state," said Lohr.

New arrivals on the women's team are Gladis Martinez, Brenda Estrada and Maria Herrera.

"We have good freshmen this year," said Lohr. " Maria Herrera could be at Marisol's level."

This year's men's team is made up entirely of freshmen except for returning captain Fabrizzio Rivera, who enters his final season of eligibility.

"The guy's team is pretty much brand new but we are looking forward to a good first year. I would feel good if the men's team made it to the Southern Section meet," said Weisbly. "Jorge Gonzalez and Juan Mejia are very good and they are only freshmen."

Both the men's and women's cross country teams will debut Sept. 12 at the Whittier Invitational which will be held at Ralph Clark Park at 8:30 a.m.

CROSS COUNTRY SCHEDULE

* Sept. 12 Whittier Invitational at Ralph Clark Park 8:30 a.m.
* Sept. 18 WSC Meet # 1 at West L.A. 3:30 p.m.
* Sept. 26 Riverside Invitational at Riverside 9 a.m.
* Oct. 3 Biola Invitational at Biola University 9 a.m.
* Oct.9 WSC Meet # 2 at Bakersfield 3:30 p.m.
* Oct. 17 Santa Barbara Invitational at Santa Barbara 9 a.m.
* Oct. 29 WSC Championship at Cuesta 3 p.m.
* Nov. 7 Southern California Finals at Mt. San Antonio 9 a.m.
* Nov. 21 State Finals at Fresno 9 a.m.

Expectations run deep for water polo teams

By RICHARD ADES
STAR REPORTER

Following a successful season for the men's and women's water polo teams in 1997, both teams are now aiming for superiority in 1998.

"This year the men's and women's teams should be able to make the playoffs," said Bill Krauss, head coach of the men's water polo team.

Back to lead the field for the men's side, after a record 20 win and eight loss season, are Mike Scarcelli, Brian Ellis and Trower Douglas.

Joining them will be 15 new freshmen including six left handers, which Krauss said will give Valley a tactical advantage in providing a scoring threat on the opposition's weaker sides.

"This year the men's and women's teams should be able to make the playoffs."

- Bill Krauss men's water polo head coach

Returning for the women are two all Southern California selections, Melissa Minkey and Stephanie Hammer, and first team all league selections, Tanya Wold, Lianna Kishimoto and Anna Hartsfield.

"We're going to be much improved from last year," women's coach Wonmeen Jun said. "This is from our second place in the conference last year."

According to Jun, off season training consisting of ball handling skills and dry land work should provide Valley with a

Women's Water Polo Schedule

* Sept. 11,12 Cypress Tourney at Cypress all day
* Sept.15 El Camino at El Camino 4 p.m.
* Sept. 25,26 Mt. San Antonio College at San Antonio all day
* Sept. 30 Ventura at Valley 4 p.m.
* Oct. 2,3 San Diego Mesa Tourney at Valley/S.D. Mesa all day

Men's Water Polo Schedule

* Sept. 11,12 Ventura Tourney at Ventura all day
* Sept. 15 El Camino at El Camino 3 p.m.
* Sept. 18,19 Mt. San Antonio College at San Antonio all day
* Sept. 23 Cuesta at Cuesta 3:30 p.m.
* Sept 30 Ventura at Valley 3 p.m.

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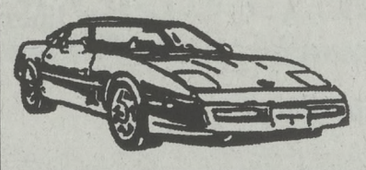

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